



4790 Executive Centre Parkway, St. Peters, MO 63376

Follow My Health Proxy Invitation Instructions

To create a proxy account so you can access your child or dependent adult's portal account, please complete these steps.

Check your email. You will receive an email from noreply@followmyhealth.com.

Click the registration link from your email invitation and follow the onscreen prompts.

Log In to Your Portal Account. If you have an existing portal account – log in using your standard method to add the new connection.

-OR-

Don't have a Portal account? Click Sign up and Connect. Enter YOUR name, email address and Date of Birth (not your loved one's) and click "I accept." **Reminder:** provide **your** information (name, email, birth date, zip code, etc.) when creating a proxy account – not your loved one's information.

Create a username for your portal account. By default, your email address that your invitation was sent to will appear in the username box. It is recommended to use this email address as your username.

Next, **create a password** following the criteria noted on the right of the screen. Re-enter your password to continue.

Get connected. Follow the on-screen prompts on the next several screens to complete your connection. These screens include accepting our **Terms of Service**, entering your **Invite Code** and accepting the **release of information**.

Your loved one's health record will then begin to upload. Once populated, you'll be logged in to your account. To view your loved one's information, simply click on **Hello, (Your Name)** in the top right corner of your portal, and a dropdown to your loved one's record will appear.